

New Orleans Red Beans

Ingredients

- 1 lb dry red beans
- 2 quarts water
- 1 1/2 cups chopped onion
- 1 cup chopped celery
- 4 bay leaves
- 1 cup chopped sweet green pepper
- 3 tablespoons chopped garlic
- 3 tablespoons chopped parsley
- 2 teaspoons dried thyme, crushed
- 1 teaspoon salt
- 1 teaspoon black pepper



Preparation: Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender. Stir and mash some of the beans against side of the pan to thicken the mixture.

Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.

Serve over hot, cooked brown rice, if desired. Makes 8 Servings.

Nutritional Content: (per serving)

calories: 171

total fat: 0.5g

saturated fat: 0.1g

carbohydrates: 32g

protein: 10g

cholesterol: 0mg

sodium: 285mg

dietary fiber: 7.2g

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